

## **What should I know about summer safety?**

Schools out and summer is in full swing. From the local playground to the beach, where there's fun for kids, there are safety concerns for parents. Here are a few tips to keep your kids safe this summer. Sun block is essential and should be applied 30 minutes before sun exposure and reapplied every few hours, especially after swimming. Parents are encouraged never to allow their young children to play in the water unsupervised. Although they may have had swimming lessons, accidents happen and parents need to take this into account. Older children should swim with a friend in order to prevent drowning. When being active this summer, parents are encouraged to provide safety gear for their children. This includes bike helmets, knee pads, and protective shoes.

Supervise children whenever they are using playground equipment. Children are not always aware of their surroundings and can easily run in front or behind someone swinging. When barbequing outdoors or having a bonfire, children need to remain a safe distance away or otherwise be closely supervised in order to prevent injury. Parents are encouraged to have a supply of water nearby in case of an accident. Bee stings and insect bites can be minimized by making sure that children wear shoes and light colored clothing. Insect repellent should be used sparingly with older children and not at all with infants. Children should remain away from lawns that are being mowed and should not be permitted to ride on lawnmowers with adults. When erring on the side of caution, parents and children can have a safe and enjoyable summer.